



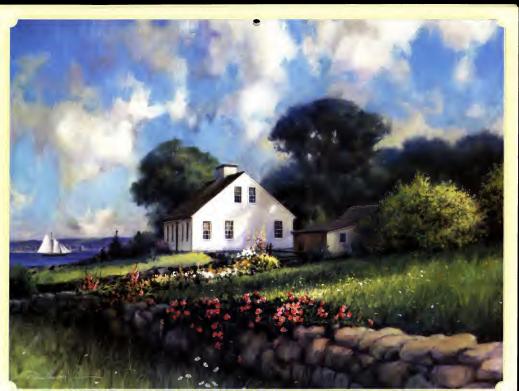
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DECEMBER '10 5 M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	FEBRUARY 5 M T W T F 5 1 2 3 4 5 6 7 8 9 70 101 112 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	A PARTIES				NEW YEAR'S DAY
2	3	4	5	6	7	8
#	. 4	1			v.	
9	10	1 1	12	13	14	15
16	17	18	19	20	21	22
	MARTIN LUTHER KING, JR DAY					
23	24	25	26	27	28	29
30	31					
450	ASS.	4.90	H/M	49	N.S.	
JANUA 201	ARY 1		•		alzheimer's \(\frac{1}{2} \) at the compassion to care, the lea	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY 5 M T W T F 5 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1	2	3	4	5
6	7	8	GROUNDHOG DAY	10	11	12
13	14	15	16	17	18*	LINCOLN'S BIRTHDAY
	VALENTINE'S DAY					
20	21	22	23	24	25	26
27	PRESIDENTS' DAY	WASHINGTON'S BIRTHDAY	ú			
FEBRU 201	ARY 1	49	•		alzheimer's () a	



				Denait Field of Dies	DINES OF CAMES SHARE COURSES OF THE	C. (THE IDE) AN
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY S M T W 1 F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	APRIL S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1	2	3	4	5
6	7	8	9	10	11	12
			ASH WEDNESDAY			
13	14	15	16	17	18	19
	14	13	10	, ,	10	13
DAYLIGHT SAVING TIME BEGINS				ST PATRICK'S DAY		
20	21	22	23	24	25	26
FIRST DAY OF						
SPRING 27	28	29	30	31		
MAR(201			•		alzheimer's (a the compassion to care, the lead	



				St Margaret's Bay	Dy Paul Landry Connesy EGE/G	reenwich Workshop, 2010
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MAY 5 M T W T F 5 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				1	2
3	4	5	6	7	8	9
10	. 11	12	13	14	15	16
.1.7	18	19	20	21	22	23
PAEM SUNDAY 24	25	FIRST DAY OF PASSOVER 26	27	28	EARTH DAY GOOD FRIDAY 29	30
EASTER						
APRI 201	-		•		alzheimer's State the compassion to care, the le	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	×		44	75	34	
8	9	10	1 1	12	13	14
MOTHER'S DAY	94	\$\$	18	18	- 25	
15	16	17	18	19	20	21
						ARMED FORCES DAY
22	2.2	24	25	26	27	28
22	23	24	23	20	21	20
b ₁						
			4.		4.6	
29	30	31			5 ts.	
20	30	0.			APRIL SMTWTFS 12	JUNE SMTWTFS 1234
			4		3 4 5 6 7 8 9	5 6 7 8 9 10 11
				4	10 11 12 13 14 15 16 17 18 19 20 21 22 23	12 13 14 15 16 17 18 19 20 21 22 23 24 25
	MEMORIAL DAY	40		m Klada E.	24 25 26 27 28 29 30	26 27 28 29 30
MAY					alzheimer's 🤼	association®
201	1				the compassion to care, the l	eadership to conquer
		Court of Contract of		According to the second		



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	JULY 5 M T W T F 5 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1	2	3	4
5	6	7	8	9	10	11
12	. 13	14	15	16	17	18
_19	20	21 FIRST DAY OF SUMMER	22	23	24	25
PATHERS DAY 26	27	28	29	30		
JUN 201	E		•		alzheimer's Qb as the compassion to care, the lead	ssociation [®] ership to conquer



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	AUGUST 5 M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				1	2
3**	4	5	6	7	8*	9
10	INDEPENDENCE DAY 1	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
JUĽ 201	Y 1	AS-	***	N/r	alzheimer's \ alzheimer alzheimer's \ alzheimer's alzh	association® adership to conquer



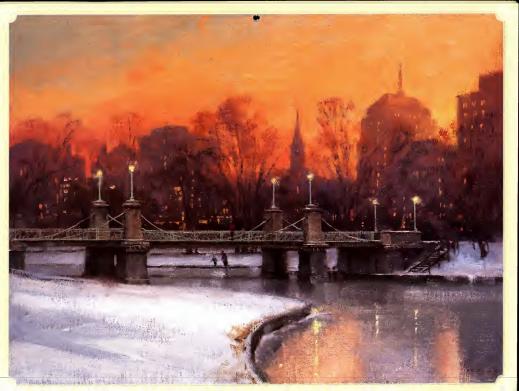
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	1.0
'	8	9	10	1 1	12	13
		>				
14	15	16	17	18	19	20
21	22	23	24	25	26	2.7
21	22	23	24	25	26	27
	-		***			
28	29	30	31	Jan 3	JULY	SEPTEMBER
				100	S M T W T F S 1 2 3 4 5 6 7 8 9	S M T W T F S 1 2 3 4 5 6 7 8 9 10
				and the same of th	10 11 12 13 14 15 16 17 18 19 20 21 22 23	11 12 13 14 15 16 17 18 19 20 21 22 23 24
				1	24 25 26 27 28 29 30 31	25 26 27 28 29 30
ALICUC	т				\-	
AUGUS' 2011	1		•		alzheimer's (S)	association®
2011					uie compassion to care, the I	eadership to conquer



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 5 M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER 5 M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			1	2	3
4	5	6	7	8	9	10
11	LABOR DAY	13	14	15	16	17
PATRIOT DAY GRANDPARENTS' DAY	19	20	21	22	23	24
25	26	27	WORLD ALZHEMER'S DAY	29	FIRST DAY OF AUTUMN 30	
SEPTEM	BER			ROSH HASHANAH	alzheimer's (75 a	ssociation°
201	1				the compassion to care, the lea	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER 5 M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER S M T W T F S 1 2 3 4 7 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30					1
2	3	4	5	6	7	8
	,					YOM YIPPUR
9	10	1 1	12	13	14	15
	COLUMBUS DAY	36				
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
	HALLOWEEN					
OCTOI 201	BER 1		-6		alzheimer's \fiveta_{a} a the compassion to care, the lea	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCTOBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 1617 18 19 20 21 22 23 24 25 26 27 28 29		1	2	3	4	5
^{30 31}	7	8	9**	10	11	12
DAYLIGHT SAVING TIME ENDS	. 14	ELECTION DAY	16	17	VETERANS' DAY	19
20	21	22	23	24	25	26
27	28	29	30 [×]	THANKSGIVING DAY		DECEMBER 5 M T W T F 5 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
NOVEME 2011	3ER l	_000.0	•		alzheimer's QU	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER 5 M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY '12 5 M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			1	2	3
4	5	6	7	8	9	10
11	12	13	PEARL HARBOR REMEMBRANCE DAY	15	16	17
18	19	20	21	22	23	24
25	26	27	HANUKKAH BEGINS 28	FIRST DAY OF WINTER 29	30	31
DECEM 201	IBER	45	455 •	9.59	alzheimer's \(\osepa \) a the compassion to care, the lead	

	4	20		2							
JANU.	ARY		FEBRUARY								
S M T W	T F	S	S	М	т	w	Ţ	F	S		
1 2 3 4 8 9 10 11	5 6		5	6	7	1 8	9	10	11		
8 9 10 11 15 16 17 18	19 20		12	13	14	15	16	17	18		
22 23 24 25	26 27		19	20	21	22	23	24	25		
29 30 31	20 21	28					23	24	25		
27 30 31			26	27	28	29					
MAR	СН		APRIL								
S M T W	T F	S	S	М	T	w	Ţ	F	5		
4 5 6 7	1 2	3 10	1 8	9	3 10	4 11	5 12	6 13	7		
11 12 13 14	15 16		15	16	17	18	19	20	21		
18 19 20 21	22 23		22	23	24	25	26	27	28		
25 26 27 28	29 30		29	30				-			
MA s m t w	Y T F	s	s	м	J	UN W	E	F	S		
S M T W	3 4	5	5	m		W		1	2		
6 7 8 9	10 11	12	3	4	5	6	7	8	9		
13 14 15 16	17 18	19	10	11	12	13	14	15	16		
20 21 22 23	24 25	26	17	18	19	20	21	22	23		
27 28 29 30	31		24	25	26	27	28	29	30		
JULY AUGUST											
JUL	Y				AU	GL.	SI	Γ			
JUL s m t w	T F	s	s	м	AU T	W	T	F	s		
s M T W 1 2 3 4	T F 5 6	7		М	T	W 1	2	F 3	4		
S M T W 1 2 3 4 8 9 10 11	T F 5 6	7 3 14	5	м 6	T 7	1 8	7 2 9	F 3 10	11		
S M T W 1 2 3 4 8 9 10 11 15 16 17 18	T F 5 6 12 13 19 20	7 3 14 21	5 12	м 6 13	7 14	W 1 8 15	7 2 9 16	F 3 10 17	4 11 18		
S M T W 1 2 3 4 8 9 10 11	T F 5 6	7 3 14 21	5	м 6	T 7	1 8	7 2 9	F 3 10	11		
S M T W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25	T F 5 6 12 13 19 20	7 3 14 21	5 12 19	6 13 20	7 14 21	W 1 8 15 22	7 9 16 23	F 3 10 17 24	4 11 18		
S M T W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25	T F 5 6 12 13 19 20 26 27	7 3 14 0 21 ' 28	5 12 19	6 13 20 27	7 14 21	W 1 8 15 22 29	9 16 23 30	F 3 10 17 24 31	4 11 18		
S M T W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25 29 30 31	T F 5 6 12 13 19 20 26 27	7 3 14 0 21 ' 28	5 12 19	6 13 20 27	7 14 21 28	W 1 8 15 22 29	7 9 16 23 30 BE	F 3 10 17 24 31 R F	4 11 18 25		
S M T W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25 29 30 31 SEPTEN S M T W	T F 5 6 12 13 19 20 26 27 MBEF T F	7 3 14 0 21 ' 28 8 S	5 12 19 26	6 13 20 27 C	7 14 21 28 CT	W 1 8 15 22 29	7 9 16 23 30 BE 4	10 17 24 31 R	4 11 18 25 5 6		
S M T W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25 29 30 31 SEPTE! S M T W 2 3 4 5	T F 5 6 12 13 19 20 26 27 MBEF T F 6 7	7 3 14 0 21 ' 28	5 12 19 26 s	6 13 20 27 C M 1 8	7 14 21 28 CT	W 1 8 15 22 29 OI W 3 10	7 9 16 23 30 BE 7 4	10 17 24 31 R F 5	4 11 18 25 5 6 13		
S M T W W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25 29 30 31 SEPTES M T W 2 3 4 5 9 10 11 12	T F 5 6 12 13 19 20 26 27 MBEF T F 6 7 13 14	7 3 14 0 21 ' 28 S 1 8 8 I 15	5 12 19 26 s	6 13 20 27 C	7 14 21 28 CT	W 1 8 15 22 29	7 9 16 23 30 BE 4	10 17 24 31 R	4 11 18 25 5 6		
s M T W W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25 29 30 31 SEPTES M T W 2 3 4 5 9 10 11 12 16 17 18 19	T F 5 6 12 13 19 20 26 27 MBEF T F 6 7 13 14 20 21	7 3 14 0 21 28 1 8 1 15 1 22	5 12 19 26 s	6 13 20 27 C M 1 8 15	7 14 21 28 CT 7 2 9	W 1 8 15 22 29 W 3 10 17	7 9 16 23 30 BE 7 4 11 18	F 3 10 17 24 31 R F 5 12	4 11 18 25 5 6 13 20		
S M T W W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25 29 30 31 SEPTES M T W 2 3 4 5 9 10 11 12	T F 5 6 12 13 19 20 26 27 MBEF T F 6 7 13 14	7 3 14 0 21 28 1 8 1 15 1 22	5 12 19 26 \$ 7 14 21	6 13 20 27 C M 1 8 15 22	7 14 21 28 CT 7 2 9 16 23	W 1 8 15 22 29 OI OI W 3 10 17 24	7 9 16 23 30 BE 7 4 11 18	F 3 10 17 24 31 R F 5 12	4 11 18 25 5 6 13 20		
s M T W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25 29 30 31 SEPTE 5 M T W 2 3 4 5 9 10 11 12 16 17 18 19 23 24 25 26	T F 5 6 12 13 19 20 26 27 13 14 20 21 27 28	7 3 14 3 21 2 28 3 1 8 1 15 1 22 3 29	5 12 19 26 \$ 7 14 21	6 13 20 27 C M 1 8 15 22 29	7 14 21 28 CT 7 2 9 16 23	W 1 8 15 22 29 W 3 10 17 24 31	7 9 16 23 30 BE 7 4 11 18 25	F 3 10 17 24 31 R F 5 12 19 26	4 11 18 25 5 6 13 20		
s M T W W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25 29 30 31 SEPTES M T W 2 3 4 5 9 10 11 12 16 17 18 19	T F 5 6 12 13 19 20 26 27 MBEF T F 6 7 13 14 20 21 27 28 MBER T F F	7 3 14 3 21 2 28 3 1 8 1 15 1 22 3 29	5 12 19 26 \$ 7 14 21	6 13 20 27 C M 1 8 15 22 29	7 14 21 28 CT 7 2 9 16 23 30	W 1 8 15 22 29 W 3 10 17 24 31	7 9 16 23 30 BE 7 4 11 18 25	F 3 10 17 24 31 R F 5 12 19 26	4 11 18 25 5 6 13 20		
S M T W A A A A A A A A A A A A A A A A A A	MBEF T F 6 7 13 14 20 21 27 28 MBER T F	7 3 14 0 21 7 28 8 1 15 8 1 15 1 22 3 29	5 12 19 26 s 7 14 21 28	6 13 20 27 C M 1 8 15 22 29	7 14 21 28 CT 7 2 9 16 23 30	W 1 8 15 22 29 FOI 17 24 31 EM	7 9 16 23 30 BE 7 4 11 18 25	F 3 10 17 24 31 R F 5 12 19 26 ER	4 11 18 25 \$ 6 13 20 27		
S M T W 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25 29 30 31 SEPTEL S M T W 2 3 4 5 9 10 11 12 16 17 18 19 23 24 25 26 NOVEN S M T W	T F 5 6 12 13 19 20 26 27 MBEF T F 6 7 13 14 20 21 27 28 MBER T F 7 1 2 7 28	7 3 14 0 21 7 28 8 1 8 1 15 1 22 3 29	5 12 19 26 s 7 14 21 28	6 13 20 27 C M 1 8 15 22 29 DI	7 14 21 28 16 23 30 EC	W 1 8 15 22 29 TOI W 3 10 17 24 31 EM	7 2 9 16 23 30 BE T 4 11 18 25	10 17 24 31 R F 5 12 19 26 R	4 11 18 25 8 6 13 20 27		
S M T W 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25 29 30 31 SEPTEN S M T W 2 3 4 5 9 10 11 12 16 17 18 12 16 17 18 12 16 17 18 12 16 17 18 12 16 17 18 12 16 17 18 12 16 17 18 T W 2 3 4 5 9 10 11 12 23 24 25 26 NOVEN S M T W 4 5 6 7	MBEF 12 13 19 20 26 27 MBEF 7 6 7 13 14 20 21 27 28 MBER T F	7 3 14 0 21 28 1 8 1 15 1 22 3 29 10 5 17	5 12 19 26 s 7 14 21 28	M 6 13 20 27 C M 1 8 15 22 29 DI M 3	7 14 21 28 CT 2 9 16 23 30 EC 7	W 1 8 15 22 29 TOI W 3 10 17 24 31 EM w 5	7 2 9 16 23 30 BE 7 4 11 18 25 6	F 3 10 17 24 31 R F 5 12 19 26 F 7	4 11 18 25 8 6 13 20 27		

2013

2013														
			FEBRUARY											
S	М	T 1	W 2	T 3	F 4	s 5		S	М	Т	W	T	F 1	5
6	7	8	9	10	11	12		3	4	5	6	7	8	9
13	14	15	16	17	18	19		10	11	12	13	14	15	16
20	21	22	23	24	25	26		17	18	19	20	21	22	23
27	28	29	30	31				24	25	26	27	28		
	MARCH APRIL													
s	MARCH S M T W T F							APRIL S M T W T F						s
					1	s 2			1	2	3	4	5	6
3	4	5	6	7	8	9		7	8	9	10	11	12	13
10	11	12	13	14	15	16		14	15	16	17	18	19	20
17	18	19	20	21 28	22 29	23 30		21	22	23 30	24	25	26	27
31	25	26	27	28	24	30		20	24	30				
			4A'								UN			
S	М	Т	W 1	2	F 3	5 4		S	М	Т	W	Т	F	s 1
5	6	7	8	9	10	11		2	3	4	5	6	7	8
12	13	14	15	16	17	18		9	10	11	12	13	14	15
19	20	21	22	23	24	25		16	17	18	19	20	21	22
26	27	28	29	30	31			23 30	24	25	26	27	28	29
			UL							A T T	C I	SI	r	
S	м	Ţ	W	T	F	S		S	м	T	w	т	F	s
_	1	2	3	4	5	6			_		_	1	2	3
7	8 15	9	10	11	12	13		11	5 12	6	7	8 15	9	10
21	22	23	24	25	26	27		18	19	20	21	22	23	24
28	29										2.1			
		30	31					25	26	27	28	29	30	31
20	27	30	31						26	27	28	29		31
20	-		-	4B	ER							BE	30	31
S	SE	PΤ	EN	т	F	S				CT T	OI	BE T	30 R	s
s 1	SE M 2	PT 7 3	EN W 4	T 5	F 6	7		25 S	C	ст	OI	BE	30 R	s 5
S	SE	PΤ	EN	т	F			25	С	CT T	OI W 2	BE T 3	30 R F 4	s
s 1 8	SE M 2	PT 3	EN W 4	5 12	6 13	7 14		25 s 6	С м 7	CT T 1 8	O1 W 2 9	BE T 3	30 R F 4 11	s 5 12
s 1 8	SE M 2 9	PT 3 10	EN W 4 11	5 12 19	6 13 20	7 14 21		25 s 6 13	7 14	CT 1 8 15	OI W 2 9	BE 7 3 10	30 R F 4 11 18	s 5 12
s 1 8 15 22	SE M 2 9 16 23	PT 3 10	EN W 4 11	5 12 19	6 13 20	7 14 21		25 s 6 13 20	7 14 21	CT 1 8 15 22	OI w 2 9 16 23	BE 7 3 10 17 24	30 R F 4 11 18	s 5 12
s 1 8 15 22 29	SE M 2 9 16 23 30	PT 3 10 17 24	EN W 4 11 18 25	T 5 12 19 26	F 6 13 20 27	7 14 21 28		25 s 6 13 20 27	7 14 21 28	CT 1 8 15 22 29	OI W 2 9 16 23 30	BE 7 3 10 17 24 31	30 R F 4 11 18 25	s 5 12 19 26
s 1 8 15 22	SE 9 16 23 30	PT 3 10 17 24	EN W 4 11 18 25	T 5 12 19 26	6 13 20 27	7 14 21 28		25 s 6 13 20	7 14 21 28	CT 1 8 15 22 29	01 w 2 9 16 23 30	BE 7 3 10 17 24 31	30 R F 4 11 18 25	s 5 12
s 1 8 15 22 29	SE M 2 9 16 23 30	PT 3 10 17 24	EN W 4 11 18 25	T 5 12 19 26	F 6 13 20 27 ER F	7 14 21 28		25 s 6 13 20 27	7 14 21 28 DI	CT 1 8 15 22 29	2 9 16 23 30 EM	BE T 3 10 17 24 31	30 R F 4 11 18 25	s 5 12 19 26
s 1 8 15 22 29	SE M 2 9 16 23 30 NG M	PT 3 10 17 24	EM W 4 11 18 25	T 5 12 19 26	F 6 13 20 27 ER F 1	7 14 21 28 s 2		25 s 6 13 20 27	7 14 21 28 DI	CT 1 8 15 22 29 EC	Y 2 9 16 23 30 EM	BE T 3 10 17 24 31 BE T 5	30 R F 4 11 18 25	s 5 12 19 26
s 1 8 15 22 29 s	SE 2 9 16 23 30 NG M	PT 3 10 17 24 DV T 5 12 19	EM 4 11 18 25 EM W	T 5 12 19 26 IBE T 7 14 21	F 6 13 20 27 ER F 1 8 15 22	7 14 21 28 s 2 9 16 23		25 s 6 13 20 27 s 1 8 15 22	7 14 21 28 DJ M 2 9 16 23	EC. 7 3 10 17 24	7OI W 2 9 16 23 30 EM W 4	BE T 3 10 17 24 31 BE T 5 12	30 R F 4 11 18 25 ER F 6 13	s 5 12 19 26 s 7
s 1 8 15 22 29 s 3 10	SE M 2 9 16 23 30 NG M 4 11	PT 3 10 17 24 DV T 5 12	EM 4 11 18 25 EM w	T 5 12 19 26 IBE T 7 14	F 6 13 20 27 ER F 1 8 15	7 14 21 28 s 2 9 16		25 s 6 13 20 27 s 1 8 15	7 14 21 28 DI M 2 9	EC T 3 10 17	TOI W 2 9 16 23 30 EM W 4 11 18	BE T 3 10 17 24 31 BE T 5 12 19	30 R F 4 11 18 25 ER F 6 13 20	s 5 5 12 19 26 s 7 14 21

2014

					_	2() [.	4	ŀ						
JANUARY								FEBRUARY							
5	М	Τ	w 1	T 2	F 3	s 4	S		М	T	W	Т	F	5 1	
5	6	7	8	9	10	11	2		3	4	5	6	7	8	
12	13	14	15	16	17	18	9		10	11	12	13	14	15	
19	20	21	22	23	24	25	10	-	17	18	19	20	21	22	
26	27	28	29	30	31		2	3	24	25	26	27	28		
			· D	СН			Α.	PR							
s	м	T	w	T	F	S	s		м	T	W	т	F	s	
2	3	4	5	6	7	1 8	,		7	1 8	9	10	11	5 12	
9	10	11	12	13	14	15	1:		14	15	16	17	18	19	
16	17	18	19	20	21	22	20		21	22	23	24	25	26	
23 30	24 31	25	26	27	28	29	2	7	28	29	30				
-		١.	ΔA'							1.0	LIN	E			
s	м	т.	W	т	F	s	s		м	T	w	т	E	5	
4	5	6	7	1 8	9	3 10	1 8		9	10	11	5 12	6 13	7 14	
11	12	13	14	15	16	17	1!		16	17	18	19	20	21	
18	19	20	21	22	23	24	2	2	23	24	25	26	27	28	
25	26	27	28	29	30	31	24	9	30						
s	м	J	UL W	Y	F	s	S		M Z	ΛU	GL W	ST	F	s	
,		i	2	3	4	5	-						1	2	
6	7	8	9	10	11	12	3		4	5	6	7	8	9	
13	14 21	15	16	17 24	18	19	10		11	12	13	14 21	15 22	16 23	
27	28	29	30	31	23	20	24	4	25	26	27	28	29	30	
							31	1							
	SE	РТ	EN	4B	ER				0	C1	Ю				
S	M 1	2	W 3	T 4	5 5	5 6	S		М	Т	W 1	T 2	F 3	s 4	
7	8	9	10	11	12	13	5		6	7	8	9	10	11	
14	15	16	17	18	19	20	10	2	13	14	15	16	17	18	
21	22	23	24	25	26	27	19		20	21	22	23	24	25	
28	29	30					20	6	27	28	29	30	31		
			E 1	. D. F					DI		E N	n	·n		
S	M	JV	EN W	IBE T	SK F	5	s		M	EC.	EM w	T	F	s	
						1			1	2	3	4	5	6	
9	3	4	5 12	6	7	8 15	7		8 15	9	10 17	11	12	13	
	10	11	12		14	15	31		13	22	24	25	74	27	

16 17 18 19 20 21 22

23 24 25 26 27 28 29 30

21 22 23 24 25 26 27

28 29 30 31

10 SIGNS OF CAREGIVER STRESS

- DENIAL about the disease and its effects on the person who has been diagnosed. "I know Mom's going to get better."
- ANGER at the person with Alzheimer's or others that no effective treatments or cures currently exist and that people don't understand what's going on. "If he asks me that question one more time. ['Il scream."
- SOCIAL WITHDRAWAL from friends and activities that once brought pleasure. "I don't care about getting together with the neighbors anymore."
- 4. ANXIETY about facing another day and what the future holds. "What happens when he needs more care than I can provide?"
- DEPRESSION begins to affect the ability to cope. "I don't care anymore."
- EXHAUSTION makes it nearly impossible to complete necessary daily tasks. "I'm too tired for this"
- SLEEPLESSNESS caused by a never-ending list of concerns. "What if she wanders out of the house or falls and hurts herself?"
- IRRITABILITY leads to moodiness and triggers negative responses and reactions. "Leave me alone!"
- LACK OF CONCENTRATION makes it difficult to perform familiar tasks. "I was so busy, I forgot we had an appointment."
- 10. HEALTH PROBLEMS begin to take their toll, both mentally and physically. "I can't remember the last time I felt good."

SHARE THIS WITH A CAREGIVER YOU KNOW!

WAYS TO REDUCE CAREGIVER STRESS

- Know what resources are available in your community.
- Become educated about Alzheimer's disease and caregiving techniques.
- Get help from family, friends, and community resources.
- Take care of yourself by watching your diet, exercising, and getting plenty of rest.
- Manage your level of stress by consulting a physician and using relaxation techniques.
- Accept changes as they occur.
- Accept changes as they occur.
 Engage in legal and financial planning.
- · Be realistic about what you can do.
- Give yourself credit for what you have accomplished; don't feel guilty if you lose patience or can't do everything on your own.

JOIN THE CAUSE

The Alzheimer's Association invites you to participate in our efforts to improve the lives of people with dementia and to create a world without Alzheimer's disease.

- VOICE. Join our cause and become one of the many whose voices are a powerful tool for progress and hope.
- OPEN. Your gift makes a difference in the lives of people with dementia and supports research to improve treatment, care and prevention strategies.
- MOVE. MemoryWalk® is our annual nationwide fundraising and awareness raising event.
- ACT. Contact your local chapter and join the more than 35,000 volunteers whose services are critical to every program and initiative of the Association.

TAKING CARE OF YOURSELF

Living with Alzheimer's means dealing with some life changes sooner than you had anticipated. You can live a meaningful and productive life by taking care of your physical and emotional health, by engaging in activities you enjoy and by spending time with family and friends.

CARING FOR YOUR PHYSICAL HEALTH can improve the quality of your life for years to come.

- Get regular checkups.
- · Take your medication.
- Eat healthy foods.
 Exercise every day.

For example, you might:

- Rest when you are tired.
- · Drink alcohol in moderation.

CARING FOR YOUR EMOTIONAL HEALTH It is important to find ways to manage the wide variety of emotions you might experience.

- Keep a journal about your experiences and feelings.
- Join a support group/See a counselor.
- Talk to a clergy member or other person who can help with your spiritual needs.
- Do the activities you enjoy as long as you are able.
- Share your feelings with your friends and family or participate in our Alzheimer's Association online community.

alzheimer's \bigcap association

the compassion to care, the leadership to conquer www.alz.org • 1.800.272.3900











Canvas

This calendar was designed especially for you for your support of the Alzheimer's Association. A collection of beautifully painted images greet you each month in this specialedtion calendar for 2011. Each one harkens back to days gone by and of times enjoying the simple things in life—a winter's skate, a peaceful meadow, and a concert in the park on a warm summer afternoon.



alzheimer's (15) association

the compassion to care, the leadership to conquer

www.alz.org

1.800.272.3900







